



## **The Challenge - Week 6**

**Congratulations! You are now halfway through the 10 in 10 Challenge!** Have you lost approximately five pounds? If you have not, it is no reason to give up. Take a step back and examine your diet and exercise over the past five weeks. Have you found time to include enough physical activity? Have you over indulged on high calorie snacks? The longest lasting changes will be changes to your overall lifestyle. These are also the hardest changes to make. Whether you have been successful thus far or not, now is the time to rededicate your efforts to your own good health.

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from [inshape.in.gov](http://inshape.in.gov) at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**

## **Weekly Nutrition Challenge #6**



**Rid your pantry of temptation - Is there a heart shaped box in your pantry that you can't seem to resist? Clear your house of your food weaknesses, then create a plan to deal with cravings for these items.**

It has been five weeks since you began the 10 in 10 Challenge. Has your kitchen been restocked with those high calorie items you seek to avoid? Rest assured that these cravings are normal and can be caused by various things – low levels of certain hormones, fatigue, excessive exercise, going too long without eating, not eating the right things, or you can crave them simply

because they taste good! Replace these cravings with lower calarie options like grapes, raisins, and sugar free pudding. You can also keep 100 calorie packs of your favorite items to control how much you consume. Here are some things you can do to decrease your cravings:

- Eat a minimum of three meals a day with snacks in between if needed. Try not to eat just one large meal since this can increase your craving for sugar and cause you to eat unhealthy items
- Try to eat something every 3 – 4 hours to prevent blood sugar drops. Remember to keep your amounts small otherwise you may actually end up gaining weight!
- Always eat some protein along with carbohydrates. A recommended snack might be peanut butter on whole grain crackers.
- Try not to keep sugary foods or other foods you crave in the house. Instead, if you do crave a certain food, make getting the food less convenient.
- Finally, keep in mind that a healthy diet is not necessarily a perfect one. It is absolutely okay to indulge in a small amount of a favorite food on occasion.

## Weekly Physical Activity Challenge #6

**Become a dancing machine! - Each day this week, spend 45 minutes dancing to burn approximately 250 additional calories.**

Dancing is a great way to have fun with friends or to enjoy some time alone all while increasing your physical fitness. There are many types of dance in which you can take part. Many dances are associated with certain cultures from around the United States and the world, but each dance shares the common characteristic of contributing to an active lifestyle. Some forms of dance include:

- Belly dancing
- Hip hop
- Line dancing
- Polka
- Ballroom dancing
- Swing dancing



Sign up to take a class at a dance studio or community center, rent a dance video or pick one up at the library, try out one of the dance video games, or just turn on some music and start moving!



*Learn and Live*<sup>SM</sup> February is American Heart Awareness Month. Heart disease alone is the leading cause of death for Indiana residents, accounting for 14,618 or 36.0% of all deaths in 2004. The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. The American Heart Association is celebrating February 2007 as American Heart Month and promoting education and awareness by encouraging people to learn the warning signs of heart attack and stroke, to adopt healthy behaviors, and to learn CPR as a lifesaving technique.

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